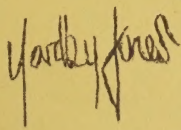


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1976

MAY 6 1916

LIBRARY



"SO WHAT, DAMMIT, AS LONG AS WE GET THE HOUSE
TO ABOLISH HANGING."

Editorial Staff

EditorJohn Dodge
ArtRobert Fournier

The opinions expressed in any particular article are those of the author and not necessarily agreed with by the editorial staff. Nor do the views necessarily conform to the official views of either the Solicitor-General's Department or the Collins Bay Administration.

As stated before, we respect a person's right to express his/her views, but we refuse to accept the responsibility for them. We hope that some of the articles stimulate interest on the part of you, the reader, an interest which will provoke you into responding with your own views and thereby initiating an ongoing discussion here in the pages of this paper.

First Class Mail

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THE WAY I SEE IT

With all this talk about Collins Bay becoming maximum from medium, I wonder how many realize it has always been medium - maximum.

Let us take a look at some of the maximum points that an inmate goes through every day and rest assure there are more on the way.

An inmate has to be given a pass that is signed by a guard at point A to get to point B. At point B it also has to be signed on arrival and departure and once again when you return to point A. That isn't all that bad, but lets say you are coming in from a shop to be interviewed by a Classification Officer. At the point of entering the main building you must come through an electric operated door, walk through an electronic scanning machine to see if you are concealing some type of metal object that maybe (2)

used as a weapon or such, and then hand searched by a guard, which of the two is not trusted I don't know but I'd like to believe I have the answer, and told to go through yet another electric operated door and wait in the main passage of the institution. As of yet you have not arrived at the Classification Department and when the Classification Officer finally calls you, you must repeat being searched by machine and guard although you have never been out of his eyesight.

Oh this isn't the only electronic machine that is going to be used, for a small room has been erected at the other end of the main passage, near the Kitchen, where we'll have to submit to searches and alot more than we now have to .

Each cell block has a name

plate over its entrance 'Living Unit', but it is the same in the blocks as has been for years. The only difference from the past has to be that tile was laid and there is a new lighting system in the cell blocks. If that is what is to be called a living unit concept, then we have it.

Large barriers made of frost fencing and steel have been erected on the front of the shops to confine inmates in them and the shops carry no real work programs where an inmate can work towards effective goals for his future release plans.

In the evening during recreation periods you can only leave your cell block from 5 to until 5 after each hour. By no means are you allowed to go from one block to another to see someone.

Collins Bay, being medium or maximum can best be summed up in what a former Director once said, "Collins Bay is medium in heading form anyway."

I'd like to agree with him and say that to step up the security as has been inside the areas that inmates have to live in is not good business and security is fine

but leave it on the outside in areas such as the walls and fences and places like that but keep it out of the inside and things will always run in a smoother tone.

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PRISONS ARE HUGE SUCCESS

'Prison is a recruitment center for the army of crime. That is what it achieves. For 200 years everyone has been saying, "Prisons are failing: all they do is produce criminals." I would say on the other hand, they are a success, since that is what has been asked of them....."

Michael Foucault
French Historian and Philosopher.

+++++

Presecution is not wrong because it is crule; it is crule because it is wrong.

Richard Whately

+++++

PEACE & SECURITY OR A POLICE STATE ?

Chuck Armstrong

Perhaps by now you're all Sick to death of hearing about the government's new 'Peace & Security' bill, but I'd like to get my two cents in before the debate ends.

I wonder why in the first place the bills are necessary? Is there a tremendous increase in crime on the street? According to the latest statistics, violent offences constitute only 8.8% of all criminal offences in 1974, and the legislation is supposedly directed at crimes of violence. True, there has been an increase in overall crime since 1970, but what about other increases such as the consumer index, population, poverty levels and so forth. How can anyone judge increase in criminal offences without considering these?

Maybe the answer lies with something said in the House of Commons during the debate

on the new bills. Mr. Claude-Andre Lachance, the Liberal member for Lafontaine - Rosemount said the following: "The excessive conservatism of policemen and prison guards increases violent criminality much more than it decreases or prevents it. It seems that the best way to hide one's own incompetence is to play on the emotions and the ignorance of the population, like some are now doing with regards to capital punishment. In my opinion, policemen and prison guard associations hide behind the death penalty their failure in the areas of prevention and rehabilitation. Police authorities must understand that their role is not simply to apprehend offenders or to make searches in an effort to prevent offences. The image of the policeman has suffered a lot from the military character that police forces have often given it. In fact, we have

made a mistake in giving more and more power to policemen, like Bill-C is now doing, in return for peace and safety of the citizens while providing little or no control over their actions!

The government is now reacting to inflamed and for the most part, uninformed public opinion. You see people writing to the newspapers saying they would be glad to spring the trap on a convicted killer, some of them women. (So much for Women's Lib!) It seems the overwhelming majority of the population wants to retain capital punishment. Is this only to snuff out the lives of the ten men in Canada today waiting the executioner, or does it go deeper than this? For my part, I would say it was simply a matter of history repeating itself. In times of depression or recession, crime and criminals seem to be everyone's scapegoat. It takes people's minds off their economic problems and gives the country something to focus upon, a sense of unity. Remember the War Measures Act in 1970? Didn't this provide unity in the country? Didn't it take people's minds off their

everyday problems? Didn't almost everyone in Canada watch the motorcade with the FLQ members and James Cross to the Expo site? Magnify that a thousand times and you have got a situation like today with crime and capital punishment.

Hopefully, in a few years time, we will be able to look back on this legislation in a similar light, if not, 1984 will be with us sooner than anyone could imagine!

What this country needs at the moment is more M.P.'s such as Claude-Andre Lachance who have the insight into the problems and the courage to make their voices heard. Its time we in here started competing with the rednecks out there and writing to our MP's and giving them our views on this new legislation. Right now, it seems they are only hearing from the other side.

+ + + + +

The world is round and the place which may seem like the end may also only be the beginning.

- Ivy Baker Priest -

OPEN LETTER TO THE WHIG STANDARD

Merv. Gracey

The Whig-Standard published an article by Donna Barnett titled "Blacks Say They Walk In Fear Of Their Lives".

The article being of great length cannot be reprinted, but anyone wishing to read the article may do so by getting in touch with me.

+ + + + +

After reading the article dealing with Black inmates at Collins Bay Penitentiary I was left with the feeling of sadness and amazement, sad because the article has created suspicion where there was none before, and amazed that the Whig-Standard reporter who composed and produced the article could have been so gullible as to accept without question the rantings and raving of no more than two inmates whose motives for instigating the article are undoubtedly questionable.

Might I, as a humble Irish inmate attempt to put the record straight regarding the treatment of minority groups within the institution?

I am a member of the inmate committee and I have never received any grievance from a Black inmate which could substantiate inmate Beasleys allegations of "racism".

He also referred to cell block one as the "ghetto", might I point out that this particular cell block is used to house inmates who have just arrived at the institution and who are eventually transferred to other areas of the institution. An inmate can choose to stay in cell block one if he so desires, and there are some who do, but by submitting a written request to the administration requesting a transfer to another block an inmate (if he is Black or White) will

be moved and I have found no discrimination in this respect. Incidentally your informants (Beasley and Armstrong) occupy cells in what the inmates here call 'The Penthouse Suite' namely cell block four, which has more facilities than any other block in the institution.

I have been an inmate of Collins Bay Penitentiary for almost one year and during that time I have never witnessed any arguments (verbal or physical) that could be termed 'racist'.

People of widely different cultures (Black and White) live and work together, I have yet to come across any grievance or complaints which would indicate that racial discrimination is practised at the institution. Black and White share the recreational facilities and to say that Black inmates have to sit separate from the whites at the movies is completely untrue, and while on the subject of movies, it was stated by Beasley that the administration showed bad taste in showing the movie entitled 'The Klansman' because it dealt with the 'Klu Klux Klan'. I wish to point out that on March 13th and 14th the inmates were shown two movies starring Black art-(7)

ists, namely 'Mahogany and Cleopatra Jones'. So there is no bias in the selection of movies.

Your informants (Beasley and Armstrong) complain that the Black population are discriminated against regarding the distribution and selection of their food, this is not so! The food eaten by the Black inmates is also the food which is served to the white population with no favoritism shown to anyone. Beasley states that he can not obtain 'soul food', so what! I can not get any Irish Stew either, so am I to take it that the kitchen staff are anti-Irish? I don't think so but then if the inmate who worked in the dining area were to supply the numerous ethnic groups with their national dishes, then we would require a menu that would fill a toilet roll.

We have Polish, Irish, Dutch Scandinavian, German, Italian Jewish, Hungarian, African, and American inmates, we also have vegetarians and a variety of culinary curiosities who change their diets as often as they change their shirts!

Beasley's thinking is totally foreign to the rest of the Black population at Collins Bay Penitentiary. In his

pathetic attempt to portray himself as a downtrodden and persecuted Black man. Beasley has shown himself to not only be a hypocrite, but a very confused person as well. He is a man who screams 'persecution' when things are not going his way and his statement on temporary absence passes is an example. Anyone who is deportable isn't usually granted one of these passes. I am Irish and I am to be deported back to Ireland, so therefore I do not qualify for a temporary absence pass. I do not complain because I know that this rule applies to all deportable inmates.

Beasley's ludicrous statement about bumping into other inmates and knowing by their looks that they would like 'to beat him up' should convince any second-rate Social Worker that this man is obviously suffering from a massive persecution complex, and deserving of pity rather than contempt. It is also common knowledge in the institution that Beasley's paranoid fear of white people applies to white men only.

That other gem of Beasley's intellect, that the Black inmates have a balance of power when they number 15 (8)see Armstrong's name along

is another indication of the pathetic state of this man's thinking. When one considers the fact that there are approximately 400 inmates in Collins Bay. It is certainly true there have been a number of violent incidents at this institution recently, but if one were to look at the actual figures and study the circumstances which led to the violence, I believe that the results of such a study would be that there is no racial strife at Collins Bay.

In any penitentiary, there is always a certain amount of tension, which intermittently spills over into violence, and that Collins Bay is no different than any Penitentiary anywhere in Canada in this respect.

Might I deal briefly with your other informant 'Chuck Armstrong'. This man is notorious for writing to newspapers, magazines, etc., in fact any publication, in the hope that he might see his name in print. He is a somewhat solitary figure in the institution and completely out of touch with the inmate population in general. I might also add, that it came as no surprise to the majority of the inmates to see Armstrong's name along

side that of Beasley's, they deserve each other.

In closing, might I suggest that the editor of the Whig - Standard take closer looks at the quality and

capabilities of his reporting staff, as the article on Collins Bay was not only untrue but may in the long term cause irreparable damage to the friendly relations which exist here between all the inmates, Black and White.

+ + + + +

"THE BOSS"

When the body was first made, all parts wanted to be boss. The brain said, "Since I control everything and do all the thinking, I should be boss."

The feet said, "Since I carry the man to where he wants to go and get him in position to do all the brain wants, I should be boss."

The hands said, "We do all the work and earn all the money to keep the rest of you going, so we should be boss."

And so it went. The heart, the ears, the lungs and finally the asshole spoke up and demanded that it be boss.

All the other parts laughed at the idea and it blocked its self off, refusing to function.

Soon the brain was feverish and the eyes crossed and ached, the feet became weak and the lungs struggled to keep going.

All pleaded with the brain to resign and let the asshole be boss. And so it happened, all the other parts did the work and the asshole just bossed and passed out a lot of shit.

The moral: You don't have to be a brain to be a boss . . .
. just an Asshole

VIOLENCE IN THE U.S.A.

George Smierciak

Violence prevails more in the United States, than any other country in the world, I believe. By violence I do not mean wars, I mean the everyday happenings. Not that the United States has not been in a lot of wars.

Being an American, I'd like to give my views of the violence in the American society.

Parents are as much at fault in the States as any other single factor. Parents teach their children aggression at a very early age and tell them that Americans are better than anyone else. You grow up with this aggression which is probably due to today's fathers being in one of the many wars and passing their aggression on to their children.

At an early age, while in grade school, American children, mostly boys, partake in sports to add to

this aggression. The sports get more aggressive as you go through high school. You are always reminded you must win, no matter what.

While in high school, there is always some gang that wants you as a member. Then there is always the street fights to uphold the good name of the gang. Once you learn to drive, you then graduate from a street gang to car or motorcycle club. More fights, more honors to uphold. It's funny, society made a big mistake right there in the '50's and '60's when these clubs were going strong and causing violence all over the States. Movies and songs were made about the "Hells Angels", a motorcycle club in California and every kid wanted to be part of a motorcycle club and show how tough he was, so American society helped violence, right or wrong.

Most white children, as my-

self, also learn at a very early age, your white and middle class, so stay out of the ghetto. Also keep the Black's out of your neighbourhood, even if it means kicking a few asses. This philosophy of most parents have a definite impact on racial riots because the Blacks could take only so much.

Television in the States is also a factor in violence. From the time you start watching TV you see murders robberies, kidnappings and all forms of violence. Most kids never held a gun but they would know how to use one, just from what they have seen on TV. So TV is another of the teaching methods of violence and the government won't step in to stop it, so who is to blame? Society.

After you go through all the stages of aggression as a child, then the almighty government puts on the final touches. Up until a few years ago, the U.S. government drafted at least 50 % of the male population into the army for a period of two years. In this two year period you learn how to operate and fire weapons, about explosives and learn hand to hand combat. In

short you learn to kill and hate.

If your in the Army during a war such as Vietnam, you get to practice all you have learnt and what does society do, they make heros out of you, by showing how many enemy the Amercian boys have killed. Tell me, who is sick and destroying society? Society.

After you come out of the service, whether in war or not, you come, out a well trained aggressor. When confronted with a situation what course of action do you take? The very same type which was programmed in you by the government and the people.

So who is to blame for all the violence? Society, I believe so.

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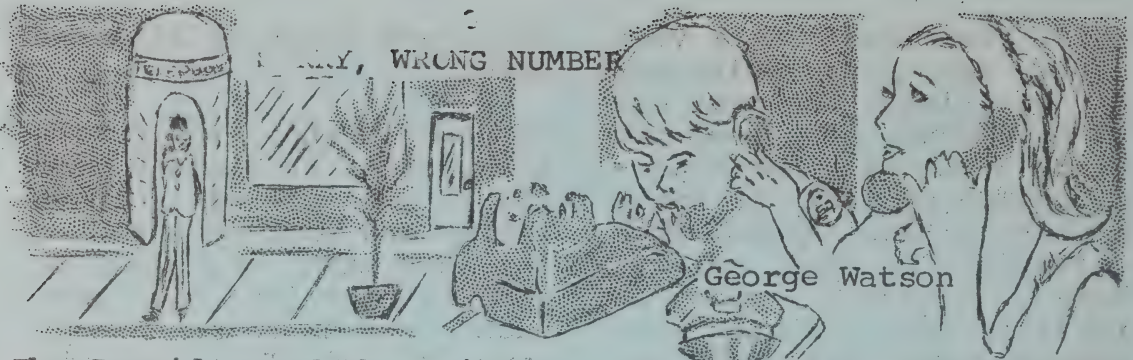
A proverb is a short sentence based on long experience.

Cervantes

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Crime is the anti-social form of the struggle for existance.

Enrico Ferri



The President of the United States, Gerald Ford, has been portrayd as an idiot by the news media in the U.S.A.

In Canada, we have a Ford of our own with the same qualities. Our Ford is the Minister of Jest (Justice) Ron Bas-Ford.

Either Basford is an idiot or a very ignorant person. In defense of his new wire-tap legislation, Basford said: "We will be able to eavesdrop on orginized crime in Rape cases."

If this statement wasn't so ridiculous, it might be humourous. I'm sure rapes would not occur if the victim was phoned in advance and to suggest that a mob is interested in raping women is idiotic.

Intended victims would call the police if the police weren't too busy beating up drunks and raiding news-dealers.

To go along with Basford's dream world, picture the following:

The mob have just finished a business meeting and are of mixed feelings. Profits from drugs, prostitution & gambling are up but so are expenses for paying off the police and crooked politicians. The Godfather, in a final warning, has told all of his soldiers not to use their home phones but to use a pay phone when calling their rape victims.

One of his soldiers raced to the nearest pay phone, took out his little black book and quickly dialed the number. The pay phone was bugged. The phone rang three times before a feminine voice answered.

"Hello.....Hello."

"Hi lady, how are you?"

"Who is speaking?" asked the woman.

"This is my territory for rapes," replied the soldier.

"Why are you breathing so hard and how did you get my telephone number? My number is unlisted."

"Well lady, I got it fff the bathroom wall in the bus station."

"You pig!" screamed the woman.

"Did you call us?" asked one of the listening cops.

"Who was that?" asked the rapist.

"Just the TV," replied the woman.

"You must have a police show on," said the rapist.

"You could say that," said the woman. "What do you want, anyway?"

"I just phoned to tell you that I was on my way over to your place to rape you."

"That's hilarious," roared the woman. "Wait until I tell the girls at the next Lib meeting."

"Do you belong to Women's Lib?"

"No," the woman replied. "I belong to Gay Lib."

"Sorry, wrong number," said the rapist and hung up the phone.

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There is no need for rape because there are enough party girls around, girls like the politicians old girl friend, Gerda Munsinger.

The Liberals want Canada to become a bilingual country and our Justice Minister has a bilingual name. Bas which is French for the word, "down" and Ford which is English.

Add the word "with" between the two and the answer is supplied.

Hansard, which is printed daily, is the written account of what takes place in Parliament each day. It is a continuous horror story because it reveals the mentality of the people who are running the country. A person does not know how many stupid people are in the government until they read this daily account.

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OPERATION

SPRINGBOARD

INC.

Springboard was forced to close down most of their operations in September 1975, due to lack of funds. They have now received their full grant and are back in full operation.

Presently with their new funding, Springboard offers the following services:

- 1) Institutional counselling
- 2) Family counselling
- 3) Alcohol and drug counselling
- 4) Parole support
- 5) Work placement
- 6) Family & work liason
- 7) Relocation assistance
- 8) Transportation to and from institutions for visitors.

At present

At present the Springboard bus leaves Toronto twice a week, on Thursdays and Sundays, arriving here at about 12:45 pm. and departs for the return trip at about 3:45 pm.

The counsellor for Collins Bay is Jim Carnagie and is at the Institution every second Thursday (in the afternoons). He is willing to assist inmates with their Parole plans, has experience with alcohol & drug counselling (Alcohol & Drug Research Foundation) and some contacts for work placements in the Toronto area. Jim is willing to act as liason between inmates and their outside contacts, work, family, or any field that he may be of assistance to the persons needs.

SPRINGBOARD

CONTEST

Springboard wishes to announce a contest they are sponsoring for the inmates of all Federal Penitentiaries to design a letterhead for Operation Springboard Inc. The only rules are that the person submitting a design for the contest must be an inmate of a Federal Penitentiary currently serving a sentence inside an institution. Half-way House residents are excluded.

The design must incorporate the name Operation Springboard Inc., along with a graphical or artistic design. Each entry must be submitted on a sheet of 8 1/2" X 11" paper. The person submitting an entry should have his/her name, number and institution on the lower right hand corner of the entry.

All entries must be submitted by midnight June 30, 1976 and the winner of the contest announced on July 25, 1976.

Place all entries in the Springboard Box on the Strip.

Ist. Prize.....\$ 50.00
2nd. Prize.....\$ 25.00

originally signed by
Doug MacLaurin,
Director,
Operation Springboard Inc.

THE BELFAST SPARROW

Little Jenny Ballantine
Singing on the street,
Bright-eyed city urchin,
With dancing shoe-less feet.

Her song can still be passions
And bid the hate to cease,
Loves freckled little symbol,
A braided bird of peace.

So laugh Jenny - sing Jenny,
Dance until the morrow.
One day you'll have shoes to wear,
My little Belfast sparrow.

Merv. Gracey

ESCAPE

AGAIN

JOE MacDONALD

Will I do it again? Do I have the nerve after the first time? Maybe I am better off in here, talk about jumping from the frying pan into the fire I still get cold chills when I think about that night. Here I was someone who had always believed in mind projection and at long last on the brink of my first trip.

I can still remember as I lay on the bed in my small seven by ten cell in the penitentiary on the East coast of Canada. The dark silence, the aloneness with my eyes closed and breathing deeply, I am raising from the bed, suspended in mid-air. Knowing if I stop concentrating for a moment, open my eyes or let out my breath it will be all over. Trying to make the moment last forever, my breath eases out, I float downward toward the bed. I stop breathing and remain suspended. Slowly I draw another breath and raise again. God, let me go up and away from this body, this about used up

carrier of memories anchored to the world of man. This world of pain and joy, love and hate, into the fullness of another existence.

After what seemed like hours -days I remained floating. My eyes open I could see all, everywhere at the same time. The floor, the ceiling the four walls, the bed, the toilet in the corner and the old man asleep looking a bit apprehensive but smiling. I could not see me and then I knew it was me on the bed. I had done what before was only a dream something to fantasize and at last I was there. Happiness that can not be described and nothing was impossible nor could hurt or defeat me. I am invincible and able to do all things I had always been unable to do. I began my journey.

Out into the long dimly lit corridor with cells lined on each side of it. All I had to do was think of a familiar place and I was there. As I was digesting

this realizing steel and cement were no longer a barrier, a guard turned the corner at my cell and walked into and through me. I almost shit myself at the thought of being caught so soon. I came to in my cell, scared, heart pounding, Christ attempted escape. If I can't do eight years how can I do ten plus all my good time, but then how can he prove it I am still here and nothing is broken. He would look like a nut, a Newfie, a screw coming up with a story like that. They would send him back to Newfoundland. He couldn't see me, I couldn't see me. I should of kicked him in the ass scaring me like that. Maybe I was dreaming, I'll try again.

In to the corridor again careful this time, be cool. Move a bit at a time, that wasn't bad, a bit further this time. Whats happening? I am being drawn toward another cell and into the man occupying that cell. I had fight it concentrate on the corridor outside. It was like a magnet drawing me in finally I got out of what seemed to be his magnetic field. I relaxed trying to figure it out. It had to be the person in the cell was an open responsive carrier and we were attracted to one another (probably on (18) one lieing down. The pain

the same wave length). I would have to watch that closer. I moved on. As I passed the cells on my slow journey down the corridor twice more I was drawn towards a cell by some magnetic force but since I was on guard I was able to cope with it. Out into the dome the guards quarters I attempted to approach the desk where the guards were sitting. The magnetic force seemed to have changed instead of attracting it was holding me away, repelling me. It must have been a matter of identification for I could approach but it was difficult and what they were saying didn't really matter.

I decided to go downtown but where? I only knew one place in Moncton, The Mall on Main Street. I was there but where? A man in a white coat was holding my hand. A girl in a white dress was patting my head and telling me everything would be okay I calmed down a bit, if there was a girl here I was better off than I was before no matter where I was. I took stock of my surroundings and I could see the ceiling, no the roof, Jesus it was low. Over the girls shoulder was a window I was in a car, no it was an ambulance. Someone was in trouble and I am the only

quick think of something Joe. The pain is terrible, someone must have run over my stomach with a truck. Come on Joe this is a dream wake up, no nightmare can feel like this, relax, think you have to get out. I cant I'm stuck here, my nerves are shot and the pain is unbearable, on and on there is no end. I can't get out until this person calms down. It's like glue holding me.

The ambulance stops and I feel myself moving down the hall on a stretcher. The hospital, I'm done, I can't get out of this carrier. If I could get out I would never get involved again.

Over the drumming in my ears and the pain, I hear the nurse saying the operating room is ready Doctor. The lights are so bright it seems to increase the pain and my eyes hurt. Even my hair hurts. I've had the bird, I'm dead and then nothing.

I come to be comfortably relaxed and I feel good then I remember. Get out while you can. I'm out and I feel great, I can see all the room, the ceiling, the floor and all the walls, the bed, the flowers and the woman and two newborn babies.

Back in my cell doing eight isn't that bad. I could have been a woman. My problem then was am I the Mother of those twins? Can they make me pay support for them and who is the Father? I really got screwed on that trip, but who's to know for I can keep a secret.

It's been a year and I have been transferred to Ontario, Disneyland they call it and no wonder. If I were to get jammed up again I could handle it better this time, I think. Anyway, this time I will be careful. How can I get caught the same way twice? I know this country and my wife lives in Ottawa. what trouble can I get in there? I could see her and my daughter along with some of my friends.

Now I have decided to try it again on Saturday night. It could be a good thing if handled right.

Out in the corridor again, then downtown Kingston.

There goes the head man from one of the institutions. I can think of a few things I can do on the way back. Home to my wife. Good God my wife! The door bell, I'll see who it is. It's my best friend. He kisses me.

ACROSS

antelope

CROSS
PU

- 1) Pro----
- 5) Leave a lodge
- 10) Pleased
- 14) Employer
- 15) Cream of the crop
- 16) Important cereal
- 17) Kitchen appliance (2 words)
- 19) Erelong
- 20) Briny
- 21) Knight-Quixotic action
- 23) Sups
- 25) Mud deposit
- 26) Potential customer
- 30) Certain whiskies
- 34) Road for travel
- 35) Watercourse
- 37) Feminine name
- 38) Can. prov.
- 39) More eerie
- 42) Boy's nickname
- 43) Greek resistance group
- 45) Ready for business
- 46) African

- 48) Bricklayer's material
- 50) Makes private
- 52) Disencumbers
- 54) Equine color
- 55) California mountain range
- 59) Very dense
- 63) ---- the Terrible
- 64) Conform (3 wds)
- 66) Title
- 67) A Ford
- 68) Noun ending
- 69) Finishes up
- 70) Meat source
- 71) Stationery unit

DOWN

- 1) Navy and white ----
- 2) On the briny
- 3) Bird
- 4) Most dilettante
- 5) Remove
- 6) Actor ---- Wallach
- 7) Rodents
- 8) Roads to Rome
- 9) Ivan the -----
- 10) I'll buy that
- 11) Dude's concern
- 12) Acidity
- 13) Refuse
- 18) Taper's ship's timbers
- 22) --- American
- 24) Brawl
- 26) Preface

- 27) Musical compo
- 28) ----- space
- 29) Akron product
- 31) N.A. def. org
- 32) Monotonous so
- 33) Does some car
- 36) Vessel
- 40) Certain explo
- 41) Connect
- 44) Rope elements
- 47) Crescent-shap
- 49) Object
- 51) Pamper
- 53) Neigh
- 55) Carpet featur
- 56) U.K. river
- 57) Spikenard
- 58) Ribbon Suffix
- 60) Tar source
- 61) S. American I
- 62) Consider
- 65) Clothing accessory

SWORD PUZZLE

tion

and
entry

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WANTED!

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Inmates wanting to contribute to the AVATAR can drop their material in the AVATAR box on the Strip.

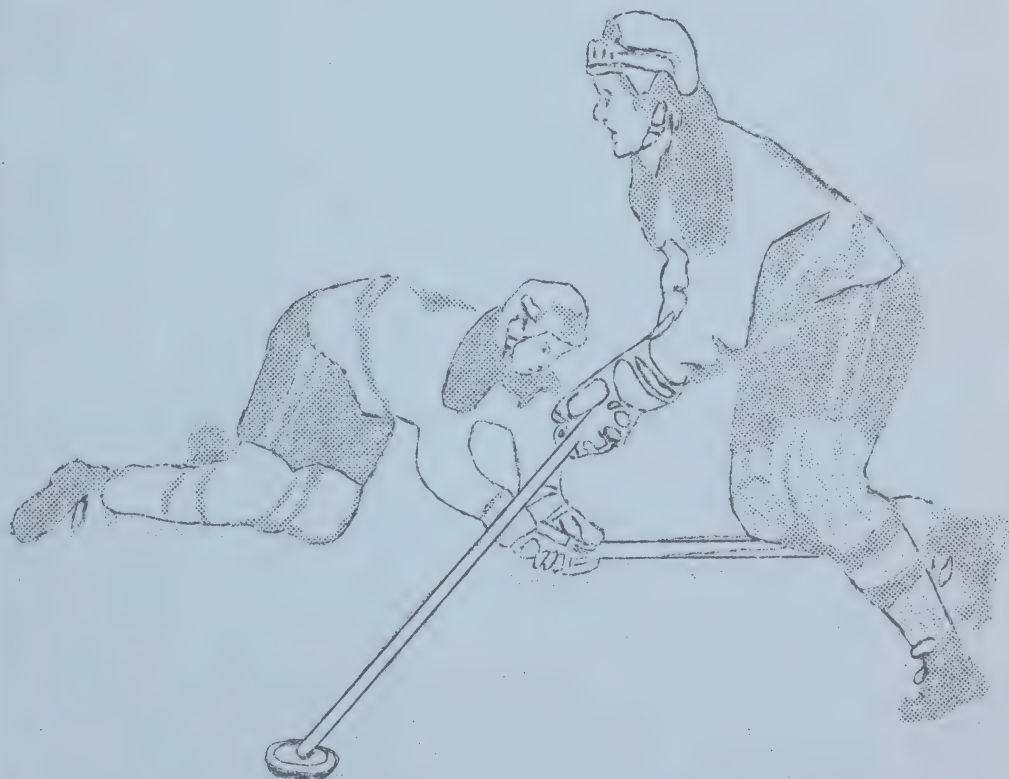
We need "feedback" in order to know what people like or dislike about the magazine.

Subscribers are invited to send material for printing. We also would like their opinions on the magazine.

Send your letters to:

The Editor, AVATAR,
P.O. Box 190, Kingston, Ontario

SPORTS



FLOOR HOCKEY

RICK MALLORY

During the season of floor hockey we have noticed some outstanding players, this is not to say that every player should not be mentioned for his participation in the game, as each is a credit to his team.

The Blue team who held a substantial lead during the season, has quite a few good players. One of the most outstanding defence-men in the game is Gary (Two Strike) Barends. He not only is in the top ten scorers of the league, but plays a very ruff game and does a very effective job on the point. His cohort on point is Dave Humphries, who at the beginning of the season was just getting acquainted with the game but now is a real anchor for the team. Leo Smith is considered one of the most valuable players for his can manover on the floor. He plays on the power-plays as well as his regular shifts and is very capable of holding the opposing team with his fellow team-

mates. Gary Blacklock who plays forward has quite a few moves and seems to be a very easy going player on the floor and is capable of a number of goals per game. Although he was out injured most of the season, he is back and playing very effectively.

The Red team also has a well balanced team and kept hold of second place through out the season. Bobby Young the leagues top scorer takes one hell of a beating on the floor but nonetheless continues to put the ball back in the net. The Captain of the team, Rick Mallory can stand in there with the best of them, but seems to be spending alot of time in the penalty box and some are worth the trip to the sin-bin. Paul Harper has to be the best play-maker in the league with his very quick and crafty moves. He is a clean player and one of the smallest in the league. He was injured during a game pretty serio

but has bounced right back into the thick of the battle.

The Green team has let it be known they are still the last place team and are going no-where in the league. They have improved greatly but for some reason don't keep a steady threat going. John (The Digger) Cadeddu who is one of their leading forwards started out very poorly but now is putting the puck in the net often. He has become a real digger and the team knows the value he has become. Donny Ellis is another good forward they have and his play making has paid off for his line. Dave Thurston and Joe Marcoux has just recently started playing and both have made a great improvement in the teams style of playing. Danny Worth is another good hustler, although he seems to have a hard time scoring on his shots.

Bobby Lamoureux, the net-minder for the Blue team and Wayne (Weiner) Hurlburt the guy between the posts for the Red team have kept their teams in many a close game because they are both excellent goalies. Dick Thibodeau watches over the net for the Green team but becomes very discouraged in a hurry when his team falls

behind a goal or two and there is seldom a recovery point for him.

The referees as usual are doing a very good job. We lost a couple because of the abuse they got from some was a little heavy.

We still got our old faithful, John Dodge and a return of an old face in John Westly. Keep the ball rolling guys, it's a tough job but hang in there.

Thanks to the time keeper and goal judges for doing their part as well for without all of you guys there could not have been a floor hockey season.

I'd like to also say that although everyone couldn't be mentioned in this article, each and all have made this season an enjoyable one.

With the playoffs about to start, I hope the spectators will keep coming as strong for it makes a guy play a lot harder to know there are people cheering his team on to win.

That's it for this time fellows, but for just one more thing. Remember, you have to realize that the best team is going to win the playoffs and I'm on it.

BASKETBALL ROUNDUP

Monday evening saw the last game of the basketball season come to a close.

This year with a lot of new and old faces on the floor came much the same style of playing as years gone by.

Three teams made up the league this season and right up until the final week before the playoffs, it stayed that way. The manager of the Last But Not's informed the Commissioner that because of his players leaving for camps, on parole (you mean they still grant them) etc., his team had to be eliminated from further play. Too bad Billy McPherson, for your team was a good one and it is felt all the way around that the XYZs would rather it had been you on the court than the ABCs.

It was somewhat difficult to find anyone to referee this season, what with the throwing of chairs at the ref's. It seems a shame that one guy can wreck a whole season of fun for the rest of the joint, but there

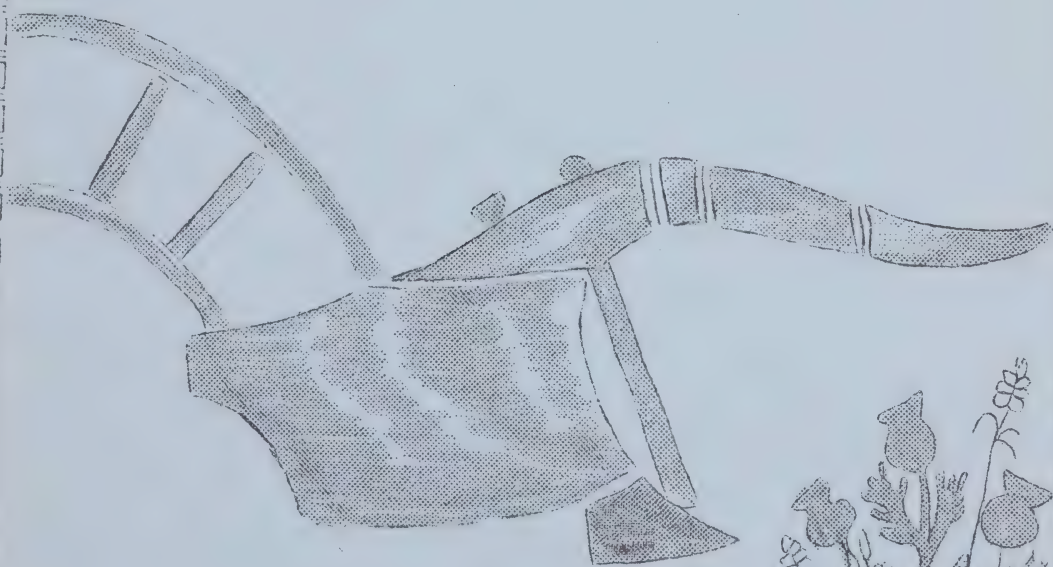
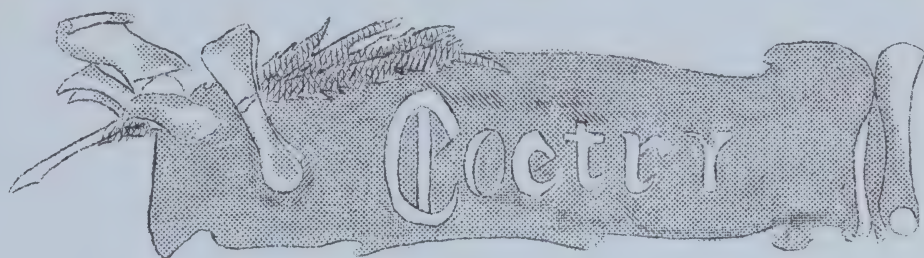
is always one in every crowd.

It was Ernie George's ABCs that dominated the season this year. With players like Jade Beasley, Gary Brandt, Gary Oliver and Ernie all having an exceptional year in the scoring department.

The big guns for the Last But Not's was Billy McPherson, John Loader and Karl Francescutti, but once again it is too bad the team had to fold.

For the XYZs, it was the hard work and scoring punch of Matt Wilden, John Prince, Danny Robinson and Wayne Randall making the team what they were. Donny Parliament had a good year considering he was away for most of the games with 190 points for the season.

Congratulations go out to Beep McCluskey, Pete Solomon Billy McPherson and Tommy Brewer for the fine job each did as referee's this season.



'REMEMBERING'

Remember when I felt so down
like all the seams had split
and you were there
and talked to me
and brought back the sunshine.

Remember then, my dear young friend
we shared so verymuch
we smiled and laughed
and had our days
when nothing else went right.

We both did know
that the day would come
when the paths we tread must part
but always there would be a day
when memories come back.

I'll set aside a special day
because of times we shared
and drift away into that world
where memories are kept.

Take care my friend
and think of me
as I will think of you
and go your way
in life each day
and remember me
my friend.

K.L.

HOMESICK!!

Left my country
Left my home,
Left my friends
Intended to roam.

Came to Canada,
Curious place!
Don't think they like
My Irish face.

They locked me up,
put me away.
Funny people,
Don't think I'll stay.

Ireland's not bad,
Could be worse.
I'm going home.
Exile -- Reverse.

M. Gracey

REFLECTIONS

Prison is such an ugly place,
No hope for tomorrow...hell to face,
The past I recall it, oh! so well,
Here in this forsaken Hell.

Hello solitude, my old friend,
Face to face we meet again:
Whats to do, whats to say,
Existing here in Collins Bay.

Two thousand days, equals how many days?
How many sorrows....how many fears?
Flooded with griefs, an ominous tide!
Struggling with thoughts of suicide!

Entomed here in this concrete box,,
Morbid dreams....dreary thoughts;
Four walls that mark the man I am,
A dungeon deep that holds the man.

If love could enter the sterile steel,
And melt my dungeon; end the ordeal,
Would it not cause the sun to shine,
Thus ending the grief that now is mine.

Anonymous

"THE INMATE"

People ask what is an inmate or convict,
Whatever the case may be,
Are they blind to see?

An inmate is a person,
A person with hopes and dreams,
Don't believe everyone in jail is
Vicious and mean.

Inmates are people,
People who love and care,
Inmates are people just like you and I
They were born to live,
They were born to die.

I know there are people that help
these types of men,
And all I can say is THANK YOU
Because you seem to understand.

An inmate's life isn't easy,
It is often filled with fear,
He tries to forget his record,
And his life in prison here.

Yes, an inmate is a person who
Has made a mistake,
But don't look down on him,
Please give these men a break.

Anonymous

"A LONELY HEART"

You lay in your bed all alone,
You think of the loves
You've had and known,
You feel the pain
Of your broken heart,
You feel your world
Has fallen apart,
You try to escape
By going to sleep,
But you stay awake
And expect defeat,
Your mind is filled
With dreams and prayers,
Your soul cries out
To anyone that cares,
Your desperate mind
Tries to be strong,
You know that life
Keeps moving on,
You think of the deepest
These tears are the tears
Of a lonely heart.

L.C.

(Submitted by an outside reader)

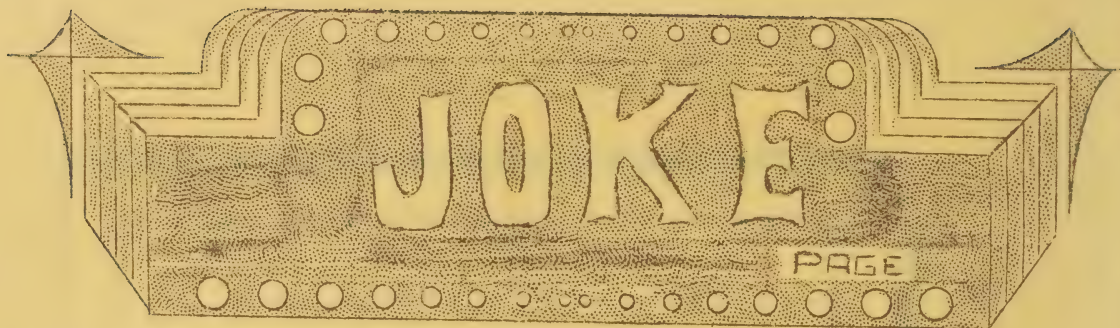
"BELFAST ASSASSIN"

Sectarian predator,
Jackal of the city,
Preying on the innocent,
Oblivious to pity.

Synthetic courage,
Seventy proof,
Valor from the mouth
of a flask.

Beware of he who
Hides his face
Behind the patriot's mask.

M. Gracey



A woman went into the bank and noticed there was a new face behind the window. "Has the cashier gone away to take a rest," she asked. "No," replied the new man, "he is gone away to avoid it."

+++++

A beauty contest is like a candy store--- everything looks good--- but you can not touch.

+++++

The honeymoon is really over when he phones to say he will be late for dinner---and she's already left a note saying his TV dinner is in the freezer.

+++++

Ability is what gets you to the top----if the boss has no daughter.

+++++

Before a man is married, he lies awake all night long thinking of what she said; after marriage, he falls asleep before she has finished saying it.

+++++

The first time I went to a burlesque show I saw something I never expected to see --- my father sitting in the first row.

+++++

Grandpa was doing some carpentry at home and asked his grandson to bring him a screwdriver. The kid came back a few minutes later and announced, " I have the vodka, but I can't find the orange juice."

+ + + + +

The six-year-old looked at the new wrinkled baby and remarked: "So that's why mother hid him under her coat for so long."

+ + + + +

Henny Youngman recalls the night he met his future wife. "Right away," he sighs, "I felt a lump in my throat. She's a karate expert."

+ + + + +

A travelling salesman was boasting to his cronies that he had his wife perfectly trained. "She knows she can't put anything over on me," he crowed. "Everytime I come home from a trip, I buy a baseball bat, then I slip into the house by the back door. And I haven't missed the man I caught her with in the past twelve times!"

+ + + + +

Mrs Paul Revere to her husband: "I don't care WHO is coming. I'm using the horse tonight."

+ + + + +

At a big college football game: "Will the person who owns the Cadillac convertible with the cowhide seatcovers please hurry to the Parking Lot? There is a bull attacking the back seat."

+ + + + +

Sign in a Brassiere Shop: What God has forgotten - We will fill with cotton.

MOTIVATION

Joe Normandin

"You can lead a horse to water but you can't make him drink." Whoever it was that made that now famous statement sure knew what he was talking about.

The question I wish to raise and answer in this article is, how does this age old adage apply to the Criminal "Justice" System and to the inmates presently incarcerated in our prisons.

Let us at this point examine some definitions beginning with the word rehabilitate. The word is defined in the dictionary as (1) to restore to rank, reputation, etc., which one has lost. (2) to put back in condition (3) to bring or restore to a state of health or constructive activity. Now motivate is defined as: to provide with or effect as a motive. Motive is defined as: an inner drive, impulse that causes one to act; incentive.

The reason I have made the

above definitions will become clear in a moment. Our Criminal Justice system appears to depend quite heavily on incarceration as both punishment and, supposedly as a form of rehabilitation. It is also to act as a deterrent for others not to commit the same acts.

Does it? I believe the answer is an unqualified "NO". Canada has one of the highest recidivism rates of any country in the world. Let us examine possible reasons why.

When a man leaves prison he is supposed to be rehabilitated. This means that his personality and character shall have changed to the degree that he will no longer be a "menace to society or a criminal". This is supposed to be accomplished by means of both punishment and programs that are designed to rehabilitate the inmate, or to help himself.

I think that most psychologists would agree with the statement that in order for a person to change, he must be motivated. This motivation is supposed to be provided by (1) the punishment of being incarcerated and what?

One very seldom talked about part of this process that is going to influence the inmate to want to change is what has happened to his loved ones while he is incarcerated. Often the wife has to go on welfare and look after the children herself, or a Mother who can not work has to go on Mother's allowance. Quite often the removal of the criminal from society means that his family is deprived of the necessary love and comfort that helps to hold a family together. The family cannot afford to make long trips from point A to point B in order to visit their loved ones, as a result, many relationships deteriorate.

What about the 'programs' in the institutions themselves? One cannot deny that progress has been made to some extent but is it possible that the positive side of this progress is eliminated as a motivating factor because of the negative happenings on the out(37)

side as well as the negative experiences on the inside. These negative experiences being (1) having to hide one's emotions (2) on occasion being placed in work or study areas that you have an interest in. Ah! But you say many of us in society have to work at jobs we don't like. Yes, but you have resources to change jobs or to make your jobs better. The only time that you can do that in prison is through the authorities and then only if there is a directive saying it is possible. (3) Carrots which are held out but not often given. By this, I am referring to the Temporary Absence program, early parole, day parole and statutory and earned remission.

For examples of the above, which one would tend to think of as positive reinforcers rather than negative ones; temporary absence is often denied because the police in the town where you were convicted some years ago do not want you there. How can someone who knew you X years ago know what you are like today? Day parole and full parole are often denied for the same reason. Another reason for turning a man down for Day/Full parole is because you do not have a job. Have you ever tried to get a job

while sitting in a prison cell?

These points are not to say the system is rotten and that we should discard the whole thing. No, for there are some who do go out and 'make it' on the street.

What is their secret? What is it that motivates them to change and to adjust to society?

I would tend to believe that motivation comes from within oneself from knowing that you are loved and needed, from guilt that has been internalized because of the harm you have caused your family and loved ones. From knowing that someone there is and is waiting for you. From the belief that you are essentially a very worthwhile person.

There are programs in the institutions which help. There are the groups that come into institutions and give themselves freely. There are the visits which keeps you close to your family. There is the hope of an early release. From these things, I believe a man becomes motivated to make use of the other programs in the institution so he will have a better chance when he is released.

This article now appears to (38)

contradict itself for I am saying in one point that day parole, early release etc. are negative and in another they are positive. They are both. I firmly believe that if too many negative things happen to an individual he loses all incentive to change. If he is denied temporary absence, day parole, full parole, interesting work assignments etc. too many times without justifiable reasons, he loses motivation. But if he is given a fair chance and encouraged by trust, he will be motivated to change.

I certainly do not pretend to have all the answers but I do believe that more attention should be paid to motivation. Research should be set up to see what does motivate people to change their behavior then individual programs set up to help the inmate to cope with his problems and the reality of society.

+++++

Even the woodpecker owes his success to the fact that he uses his head and keeps pecking away until he finishes the job he starts.

Coleman Cox

PRISON RIGHTS COMMITTEES PROPOSED

The Civil Liberties Union's Montreal executive has passed resolutions urging that a prisoners' committee and a citizens' committee be established at every Canadian penitentiary.

Jean Claude Bernheim, president of the prisoners' rights division of the CLU, said at a press conference recently that the two resolutions will be debated in March at a meeting of the Canadian Federation of Civil Liberties Unions Associations (CFCLUA).

The resolutions demand that the CFCLUA seek a way of establishing prisoners' committees which would discuss inmates' grievances with prison officials, and 'civilian' committees to oversee detention conditions.

Mr. Bernheim said the first resolution (on prisoners' committees) stemmed from demands from prisoners at New Westminister, B.C. and

and Millhaven, Ontario, for the right to form a union. He added that St. Vincent de Paul Penitentiary and Archambault Institute prisoners in Quebec have demanded the right to negotiate their grievances through a prisoners' committee in presence of a mediator.

Union Possible

"This is not a demand that a prisoners union be allowed, but it could well lead to it eventually," he said. "This would be a new way to assert the prisoners' rights"

The resolutions also demands that prisoners' committees in each institution, be allowed to communicate freely with each other and exchange information.

The second resolution, he said, stemmed from the executives belief that prisoners must retain all rights except that of moving about freely in society and that penitentiaries

must be open and accessible to the public.

The Montreal executive said the 'civillian' committees should be empowered to inspect detention conditions at all times, attend disciplinary hearings, meet privately with inmates, inform the prisoners of their rights and the means available to use them, conduct investigations and inform the public.

"We feel these committees will be an important tool to ensure respect of the prisoners' rights and to allow Canadians to be informed," the resolution said.

Mr. Bernheim said these moves would be major changes in the penitentiary system.

The CLU yesterday again expressed its support for the month-long peaceful protest at the Archambault Institute in Ste. Anne des Plaines, and presented 10 new demands the prisoners issued yesterday.

The new grievances include demands for higher salaries for inmates who work in the prison, changes in daily schedules and the right to work in outside plants subject to approval by a spe-

cial committee.

J.C.A. LaFerriere, regional director of the federal penal institutions, said he had not received the new demands but that they would be studied as soon as they were transmitted to him.

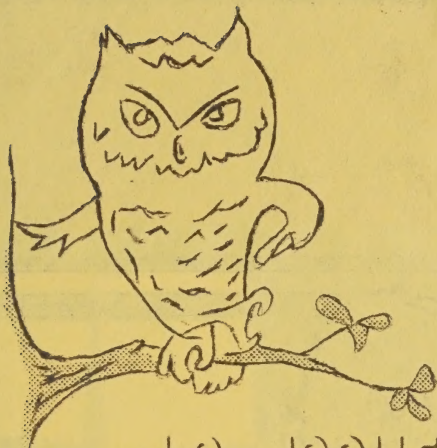
The inmates previously demanded that the parole board be forced to notify prisoners of reasons for refusing parole, and that a parole appeal board be set up.

Their most important demand, they said, was that they be allowed to meet their wives or girl-friends in motel-like units separate from the detention buildings.

They also demanded that use of isolation cells be abolished, and that prisoners not be put in a segregation wing without serious reasons.

Recently, they have included a demand that 20 young offenders be transferred or be segregated from hardened older criminals.

The Archambault Institute protest began a week after 168 inmates of the St. Vincent de Paul started a similar protest Jan. 7, 1976.



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